

TITLE: Cluck and Clap

IMPACT: Provides refreshment and relief from intellectual work by people kinesthetically working together as a team

RISK: Low

GROUP SIZE: 5 or more

TIME REQUIRED: 5-10 minutes

DIRECTIONS:

- Create a flipchart with lines of "Xs" and "Os." Mix the order of the X's and O's up in each line so that the pattern is varied. Make sure these symbols can be seen from the back of the room.
- Tell participants that "X" = "cluck" and "O" = "clap."
- Ask them to stand. Lead them through the pattern you have created on the flip chart by pointing at each "X" or "O." They cluck or clap each time its matching symbol is pointed to.
- When the group has gone through the pattern once, speed it up and go through it again.
- The third time, tell them they can now go through the pattern themselves. They must really 'tune in' to each other and work together. There will no longer be anyone pointing to each symbol. Then say, "GO!"
- Challenge them to do this again on their own, even faster this time.
- Encourage everyone to applaud themselves for a great effort.

OPTIONS:

- Divide the group in two, and ask one half to do all the clucks and the other half to do all the claps.
- Ask them to go through the pattern in reverse.
- Ask for a volunteer or two to demonstrate how fast it can be done.
- Add a third symbol (Z) that represents a snap or a whistle.

DISCUSSION:

- How did they feel as a result of the exercise?
- Was it easier to be divided into groups or to do the activity as one group?

Adapted from American Community Gardening Association, with permission